

WINTER TRAINING SCHEDULE 2010



| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | TIME | SATURDAY |
|-----------|----------------------------------|-----------|----------------------------------|-----------|-----------|---|------------------------------|
| 4:30-6:00 | | PRO CLASS | | PRO CLASS | | | |
| 5:00-6:00 | ATHLETIC DEVELOPMENT (AGES 7-10) | | ATHLETIC DEVELOPMENT (AGES 7-10) | | | 9:30-11:00am | MIXED CLASS (BEG- PRO / PRO) |
| 5:30-7:00 | BEG -PRO (AGES 11-13) | | BEG -PRO (AGES 11-13) | | | 12:00-5:00pm | BIRTHDAY PARTIES |
| 6:00-7:00 | ATHLETIC DEVELOPMENT (AGES 7-10) | | ATHLETIC DEVELOPMENT (AGES 7-10) | | | * Minimum 6 athletes registered for Saturday classes to be held | |
| 6:00-7:30 | PRO CLASS | PRO CLASS | PRO CLASS | PRO CLASS | PRO CLASS | | |
| 6:30-8:00 | PRO CLASS | | PRO CLASS | | PRO CLASS | TIME | SUNDAY |
| 7:00-8:00 | QUIC -FIT | | QUIC -FIT | | | 11:00am-4:00pm | BIRTHDAY PARTIES |
| 7:30-8:30 | | | | | QUIC -FIT | | |
| 7:30-9:00 | PRO CLASS | | PRO CLASS | | | | |

*ATHLETIC DEVELOPMENT (FORMERLY YOUTH CLASS) - AGES 7-10. Development program. 60 minutes

*BEG-PRO CLASS - AGES 11-13 with none to limited weightlifting experience

*PRO CLASS - AGES 14-18. Full Package program. 90 minutes

QUIC FIT (QUICK UNIQUE INTENSE CONDITIONING) -Ages 18+. 1 hour circuit training. Targets strength,endurance,coordination, core and power. You don't have to be an athlete or have weight lifting experience to do this class.

*BASED ON AGE AND DISCRETION OF PERFORMANCE COACH

TO TRY A FREE CLASS OR RESERVE YOUR TIME SLOT CALL 516.794.FAST